

VIRTUE MEDICINE P.C.

Clinics for Mind-Body Health



Studio for Ethics & Contemplative Arts

Cartaya Clinic--Information on Treatment Modalities

In customizing treatment plans, I draw from several complementary therapeutic approaches. At the initial evaluation and throughout treatment, we will discuss psychotherapy approaches that may be a good fit and beneficial to your healing. We will regularly reassess interventions and your goals of care. The following represents brief summaries of the treatment modalities that I most commonly draw upon. If you would like additional information, please do not hesitate to ask me as part of our work together.

Acceptance and Commitment Therapy (ACT)

The premise behind ACT is to assist individuals in learning to accept experiences that are beyond the bounds of control and commit to making changes that will assist in leading a more balanced life (Hayes, Pistorello, & Levin, 2004). ACT psychotherapy is based on aspects of cognitive behavioral principles and the Relational Frame Theory (RFT) (Hayes et al., 2001), which focuses on the impact of language and cognition on emotions and behaviors. Psychotherapy utilizing the principles of ACT include exercises to increase present moment awareness, metaphors, experiential exercises, creating non-literal contexts, as well as clarifying and strengthening personal values. As such, ACT is a dynamic therapy, where the focus of sessions is assisting clients in actively learning new skills to improve quality of life. ACT is an empirically supported treatment, which has been published in multiple peer reviewed journals as being effective to treat a range of psychological conditions, including: depression, anxiety, chronic pain, obsessive compulsive disorder, psychosis, and among other conditions.

Functional Analytical Psychotherapy (FAP)

FAP emphasizes genuine moment-to-moment therapist-client interactions, which are then used to inform and increase authentic communication and behaviors (Tsai et al., 2012). Through collaboration the client and therapist identify problematic behaviors that have led to decreased authenticity within relationships, and then define alternative adaptive behaviors. Therapeutic work focuses on increasing healthy adaptations, not only within the therapeutic relationship, but to generalize these behaviors to other relationships in the client's life for insight, courage, authentic communication and stronger connections. Sessions may include meditation/ present moment awareness through mindfulness, creative writing, and experiential exercises, among other interventions. FAP was developed at the University of Washington by Drs. Mavis Tsai and Robert Kohlenberg. While not considered an empirically validated therapy, FAP has undergone multiple peer reviewed studies to explore its theoretical foundation as well as its possible effectiveness of multiple psychological conditions and concerns. FAP has the theoretical foundation to be used in conjunction with other therapeutic modalities, most specifically, cognitive behavioral therapy.

Cognitive Behavioral Therapy (CBT)

CBT focuses on increasing awareness of patterns of thinking, which either led or contribute to an individual's emotional distress. This approach often incorporates relaxation training, exploring patterns of thoughts, and increasing adaptive and realistic thinking as well as beginning to incorporate new behaviors to support new coping strategies and resiliency. Exposure and Response Prevention Therapy, which is another form of CBT, is focused on decreasing symptoms of Obsessive Compulsive

Disorder, and increasing understanding of thought processes, integration of relaxation strategies to reduce anxiety symptoms, and then applies gradual and safe exposure to an anxiety provoking situation or event, and concludes with interventions to increase resiliency to reduce future reoccurrence of symptoms.

Mindfulness

A leading scholar on this approach, Jon Kabat-Zinn defined mindfulness as “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.” Mindfulness meditation allows an individual to learn to be within the present moment rather than to focus thoughts on the past or the future, both of which can exacerbate suffering. Mindfulness meditation has undergone extensive research for both its efficacy and effectiveness on a variety of psychological conditions. It has been adapted as a foundational component of ACT, FAP, and CBT.

Interpersonal Psychotherapy (IPT)

Interpersonal Psychotherapy is a brief and empirically supported therapy approach, which focuses on interpersonal relationships, specifically within the areas depression, grief and loss, role changes, and conflicts with roles of a relationship. IPT focuses on understanding of symptoms, exploration of social and interpersonal relationships, and personality characteristics.

Person-Centered Therapy (PCT)

PCT was first developed by Carl Rogers and aspects of his work are considered foundational to creating effective therapeutic experiences. PCT is a client-centered approach, which focuses to create a therapy environment based on acceptance, trust, empathy, rapport, collaboration, motivation, and instilment of hope. These tenets of PCT create a space of unconditional positive regard, which leads a client to further develop and heighten an ability to accept and understand themselves, improve his or her relationships, and become more aware and in-tune with his or her emotions.

Motivational Interviewing (MI)

Motivational Interviewing developed by William Miller (1983) is based upon the work of Carl Roger’s PCT. The central tenant of MI is the therapeutic relationship is based on a non-judgmental and non-confrontational approach. The therapist’s intentions are to raise the client’s awareness of the positive and negative consequences intertwined with the current presenting issues and potential risks that may occur as a result of the presenting issues. This involves exploring and affirming the client’s thoughts, feelings, and behaviors towards the current presenting issues, with the goal of increasing the individual’s “change talk” (Rubak, Sandbark, Lauritzen, & Christensen, 2005).

Clinical Hypnosis

Hypnosis as defined by the American Psychological Association Division of the Society of Psychological Hypnosis, “Involves learning how to use your mind and thoughts in order to manage emotional distress (e.g., anxiety, stress), unpleasant physical symptoms (e.g., pain, nausea), or to help you change certain habits or behaviors (e.g., smoking, overeating).” The purpose of hypnosis in psychotherapy sessions is to assist clients in developing insight into their personal resources. Hypnotherapy has been used within psychotherapy for a variety of reasons; however, the most common applications within therapy are for management of chronic pain symptoms, anxiety, depression, post-traumatic stress disorder, phobias, and dissociative disorders.

